



## Enroll Now

- ▶ Programs are offered in the morning, afternoon, or evening.
- ▶ Call 288-8488 for more information or to enroll
- ▶ A health assessment is completed once you start the program and every three months during follow-up appointments.

## Remember

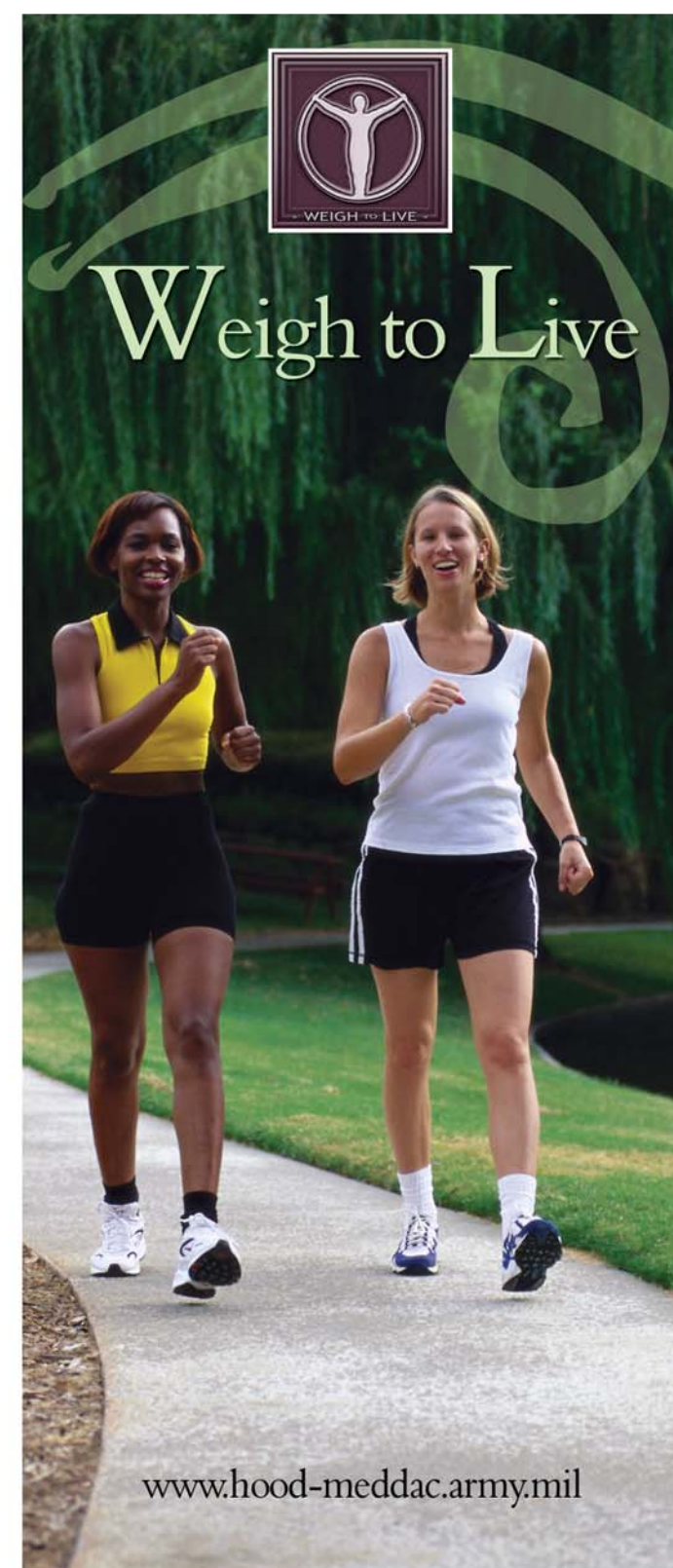
Long-term weight management is the goal. This requires fundamental changes in lifestyles.



Darnall Health Promotion Program  
 "Caring for the Community"  
 Department of Preventive Medicine  
 USA MEDDAC, Fort Hood, Texas  
 254-288-8488



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 Public Affairs Office  
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 FH MDA HO 518  
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# Weigh to Live



## Are you tired of dieting?

...yet still want to manage your weight?  
This is the program for you!

Our lifestyle-centered program focuses on the development of new skills leading to long-term weight management.

It includes:

- Balance
- Enjoyable physical movement
- Achievable goals
- Nutrition and intuitive eating

The team includes:

- Physician
- Pharmacist
- Dietitian
- Exercise physiologist
- Nurse
- Counselor
- YOU!

This five-week program with follow-up support includes five classes and five "hands-on" practice sessions. Ongoing support is available after completion of the core program. You must be a TRICARE beneficiary to enroll.



# The Keys to Success

## 1 Balance

In our fast paced, technologically advanced society, it is easy to lose balance in your life. Balancing physical activity with food, as well as your priorities and time are important for achieving long-term success.

## 2 Keep Active

With fast Food drive-ins, TVs and remote controls, our environments encourage weight gain. Long-term success requires us to challenge this environment with physical movement that we enjoy and can easily incorporate into our lives.

## 3 Cook Up Healthy Eating Habits

Taking control over what you eat is a crucial element in achieving your lifestyle goals. You will learn a new awareness of hunger and satisfaction cues and ways to manage them, while gradually incorporating healthier foods into your life.

## 4 Goals & Support

We will help you set realistic goals to guide you toward adopting a healthier lifestyle.

Long-term success requires support to handle the inevitable barriers and obstacles that come with lifestyle changes. You will establish a support system with this program.

## 5 Your Responsibilities

1. Be honest with yourself and the group
2. Keep an open mind
3. Complete assigned tasks
4. Participate in all five classes and five labs